

Do what  
**MOVES** you.



It's what inspires you. It's what gets you going.  
No limitations. Tons of choices.

**Today. Every day.**

It's trying new things.  
It's going from one  
activity to the next.

**VERB. It's what you do. Do what moves you.**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Taekwondo class 4:30			Hiking trip	
Basketball @ the park				Dance-a- thon @ school 7:30		
	Jogging after school					
Softball game — students vs. teachers 1:00		Soccer Practice 3:30		unwind		

Check out [www.VERBnow.com](http://www.VERBnow.com) for cool activity ideas.  
Don't forget about **VERB Time** from 3:00 p.m. to 6:00 p.m.  
every day — time to **do what moves you!**

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